



North Andover Senior Center Monthly Activities



BLAZE A TRAIL: MAY 2016

May



Looking to become a TRIAD Board Member?

Get more info. At our next meeting! MAY 17

News! Updates! & Announcements!

May 30- Center CLOSED– Memorial Day

- MAY 10 at 10AM- COA Board Meeting
- MAY 17 at 11AM- TRIAD Meeting
- MAY 18– NO Heart to Heart & NO News and Views
- MAY 25 at 4PM– Friends of North Andover Senior Center Meeting

Don't Miss These Events

Age of Love

May 14th- Tewksbury Senior Center–

Film Showing 2pm

Van leaves 1:15pm

Celebration of Women

Breakfast

May 18th- 9:30am

Entertainment will be provided by harpist Rebecca Swett 10-11am

Tuesday Night Dinner Buffet

May 24th at 4pm

Host– Atria/Marland Place

More Events!

May 4– Pizza Party with Thomson School at NOON

May 10– High Tea at Brightview!

May 11– Men's Breakfast– 9am

Dennis Houlihan from Clean River Project

Remember to CELEBRATE Older Americans Month with this year's Theme– Blaze a Trail!

If you need more information OR an appointment for any of our services, please call reception.

978-688-9560

On Going Weekly Programs

Every Monday

9-10 Yoga
10-11 Combo Class
10-11:30 Lectures
1-3 Cards (canasta, poker)
1-3:30 Bridge
3:30-4:15 Zumba Gold

Every Tuesday

9-10 Tai Chi
9-12 Computer Training
9:30-11:30 Knitting
12:30 -3 Bingo
1-3 Chess

Every Wednesday

9-12 Walk-in Clinic
10-11:30 Heart to Heart
10-11:30 News & Views
1-3 - Bridge Refresher
3:30-4:15 Zumba Gold
4:30-5:30 Zumba Fitness

Every Thursday

9-11:45 Woodcarving
9-12 Computer Training
10-11 Joy of Exercise
1-3 Cards (poker, canasta)
4:30-5:30 Zumba Fitness






Every Friday

10-12 Cuddles
1-3 Bridge
10-12 45's



May



Mon	Tue	Wed	Thu	Fri
2	3	4	5 12-3 Fix It Shop	6 Book Club A- 10:30 AM Quilting 10 AM Foot Care: 9-3 PM
9	10 Attorney Bahrawy 11:30-1 PM High Tea @ Bright- view 3:30-5PM COA Board Meeting 10AM	11 	12 9 AM Men's Breakfast 	13 Massage Therapist: 9-12
16	17 12-2:30 S.H.I.N.E TRIAD @ 11 AM	18 "Celebration of Women" Breakfast with Harpist Rebecca Swett @ 9 AM 	19 SUPPER CLUB NIGHT 12-3 Fix It Shop	20 Foot Care: 9-3 PM Book Club B- 10:00 AM Quilting 10-12:00 PM
23  12:30-3:30 PM Rockingham Mall Trip	24 Tuesday Night Dinner Buffet @ 4 PM Attorney Murray 10 -12 PM	25 Friends Meeting @ 4PM	26	27
30  HOLIDAY- Senior Center Closed – Memorial Day	31		Walking Group Meets Monday thru Fri- day from 9-10 AM at the Youth Center	on Johnson Street. <u>Athletic shoes are</u> <u>required on the</u> <u>Gym floor.</u>

[CLICK HERE to Return to MAIN SENIOR CENTER Website](#)